

TUCSON POLICE DEPARTMENT PHYSICAL FITNESS

ORIENTATION

The Tucson Police Department has established physical fitness standards that must be met when applying as a Police Officer Recruit. The Department recognizes the importance of physical fitness for success at the Southern Arizona Law Enforcement Training Center (S.A.L.E.T.C) and in job performance.

These physical fitness standards can help an applicant undergo both the physical and academic demands of the academy, and the law enforcement work environment without undue risk of injury or fatigue.

In an effort to prepare and mentor potential applicants, the Tucson Police Department is organizing a **voluntary physical fitness assessment** for interested persons. This voluntary orientation is based on the Coopers standards used during Police Officer Recruit testing and will provide those interested with the opportunity to have an awareness of the standards that must be met by Police Officer Recruits while gauging their personal fitness level.

WHAT IS PHYSICAL FITNESS?

Physical fitness for law enforcement officers may be defined as the ability to perform essential tasks with vigor, alertness, and little or no fatigue with a rapid recovery period after high levels of exertion.

During and after periods of physical exertion, a law enforcement officer must be able to maintain good judgement and make correct decisions.

Good physical conditioning has been shown to:

1. Reduce the incidence of back injury (the most common injury suffered by law enforcement officers) and heart attack (major cause of death of law enforcement officers over 35 years old),
2. Reduce the amount of sick leave needed and retirements due to disability,
3. Enhance recovery from injury,
4. Provide additional options besides the use of deadly force, and
5. Provide an outlet for relief from stress.

Physical fitness has been demonstrated to be a bona fide occupational qualification for law enforcement officers. Job analyses on law enforcement officers have demonstrated that fitness is an underlying factor in determining the physiological readiness to perform a variety of critical physical tasks necessary in law enforcement work. Physical fitness has been shown to be predictive of job performance and use of sick time.

Physical fitness can be an important area for minimizing liability. The unfit law enforcement officer is less able to respond fully to strenuous physical activity and may be of danger to him or her self, colleagues, or the public.

HOW WILL PHYSICAL FITNESS BE MEASURED?

The Tucson Police Department's physical fitness orientation includes push-ups, sit-ups, and a 1.5 mile run.

Push-ups to Failure

The subject must begin with their hands placed about shoulder-width apart, fingers pointing forward, and their feet together. Starting from the up position (elbows extended), the subject must lower their body to the floor. The subject then returns to the up position. This is one repetition. Repositioning of the hands or feet is not allowed at any time during this orientation. When the subject moves their hands or feet, the orientation will be determined finished. Resting is allowed during this exercise in the **up position only**. While resting, the subject must remain in up position with their arms fully extended and their back straight. If the subject fails to keep their back straight, or repositions their hands or feet during a period of rest, the orientation will be determined finished. Pushups performed without the back essentially straight are not counted.

1 Minute Sit-ups

The subject starts in the down position by lying on their back, knees bent, heels flat on the floor, with their fingers laced and held behind their neck. A partner holds the subject's feet down firmly. The subject then performs as many correct sit-ups as possible in one minute. In the up position, the individual should touch their elbows to their knees, or pass the plane of their knees with their elbows. The subject then returns to the down position (until their shoulder blades touch the floor.) Resting is allowed in the **up position only**. During this exercise, the subject's chin should be held towards their chest, and their elbows must be in parallel to the sides of their body, and their hips must remain on the floor.

1.5 Mile Run

This is a timed run over a measured course. The course may sometimes be on a sidewalk, a cross-country trail, or an oval track.

**BEFORE STARTING ANY PHYSICAL EXERCISE PROGRAM, IT IS
RECOMMENDED THAT YOU SEE A MEDICAL DOCTOR.**

ADVISEMENT

TUCSON POLICE DEPARTMENT POLICE PHYSICAL FITNESS ORIENTATION

The Tucson Police Department, in recognizing the importance of physical fitness for the success of potential applicants, has established a **voluntary physical fitness orientation** based on the Coopers Physical Fitness Standards used during Police Officer Recruit testing. This is for orientation purposes only and not a part of the application process for becoming a Police Officer Recruit.

The Coopers Physical Fitness Standard is physically demanding and a certain level of fitness is required to pass and to prevent injury.

YOU SHOULD NOT PARTICIPATE IN THIS ORIENTATION IF YOU HAVE ANY RESERVATIONS ABOUT YOUR FITNESS LEVEL. IF YOU HAVE ANY CONCERNS ABOUT YOUR ABILITY TO COMPLETE THE ORIENTATION, YOU SHOULD DISCUSS YOUR CONCERNS WITH YOUR PHYSICIAN. IF YOU WISH TO TEMPORARILY POSTPONE YOUR PHYSICAL FITNESS ORIENTATION TO CONSULT WITH A PHYSICIAN, OTHER DATES MAY BE OFFERED IN THE FUTURE.

ASSUMPTION OF RISKS: PARTICIPATION IN THIS ORIENTATION CARRIES WITH IT CERTAIN RISKS THAT CANNOT BE ELIMINATED REGARDLESS OF CARE TAKEN TO AVOID INJURIES. THE RISKS INCLUDE, BUT ARE NOT LIMITED TO, 1) MINOR INJURIES SUCH AS SCRATCHES, BRUISES, AND SPRAINS 2) MAJOR INJURIES SUCH AS EYE INJURY OR LOSS OF SIGHT, JOINT OR BACK INJURIES, HEART ATTACKS, AND CONCUSSIONS AS WELL AS 3) CATASTROPHIC INJURIES INCLUDING PARALYSIS AND DEATH.

MY SIGNATURE INDICATES THAT I HAVE READ, UNDERSTAND, AND AGREE WITH THE TERMS SET OUT IN THIS ADVISEMENT AND WAIVER OF LIABILITY FORM.

I hereby release and agree to hold harmless the City of Tucson, its employees and agents from any and all liability for any damage and/or injury which may occur. This release of liability and agreement given by me to the City of Tucson, its employees and agents shall apply to any right of action that might accrue to myself, my heirs and/or my personal representatives.

SIGNATURE

DATE _____

PRINTED NAME

IDENTIFICATION VERIFIED

DATE _____

WITNESS

DATE _____

COOPERS RESULTS

| | Total | TPD Staff Initial |
|---|--------------|--------------------------|
| AGE _____ | | |
| (OPTIONAL – NEEDED TO CALCULATE SCORE PERCENTAGES) | | |

| | | |
|----------|-------|-------|
| PUSH-UPS | _____ | _____ |
|----------|-------|-------|

| | | |
|---------|-------|-------|
| SIT-UPS | _____ | _____ |
|---------|-------|-------|

| | | |
|---------|------------|-------|
| 1.5 RUN | Time _____ | _____ |
|---------|------------|-------|